

# Tools for Surviving the Storm

Lifespan and HFAM Conference

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2:15-3:15 p.m.

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# Long Term Care Resources

- What tools can you use to survive the storm?
- What data is available on the Commission's website?  
<http://mhcc.maryland.gov>
- What types of services are included?
- How can this data be used to help you plan for an uncertain future?

# Nursing Home Resident Profile: MD CY 2008

Characteristic	Nursing Home Residents		
Age	Mean= 78 years	Median= 82 years	
Gender	Male= 32%	Female= 68%	
Marital Status	Widowed= 48% Never Married=20%	Married= 21% Divorced= 10%	Separated= 2%
Race	White=65% Hispanic=1%	African American=32% Asian/ Pacific Islander=1%	Native American=<1%
Length of Stay	Mean=375 days	Median=38 days	
Source of Admission	Acute care hospital=69% Other nursing home=11% Home without home health=8% Board and care/assisted living=6% Home with home health=3%		
Lived Alone Prior to Admission	Yes=23%	No=62%	In another facility=15%
Top 5 Diagnoses on Admission	Hypertension =14% Depression=7% Dementia (not Alzheimer's )=7% Diabetes Mellitus=6% Anemia =6%		
Total Number of ADL Impairments on Admission	0-2 ADLs= 8% 3-5 ADLs=33% 6-7 ADLs=59%		
Discharge Disposition	Home with home health=40% Acute care hospital=23% Deceased=13%	Home without home health=13% Board and care/ assisted living=6% Another nursing home=4%	

# Assisted Living Resident Profile: MD CY 2007

Characteristic	Assisted Living Client	
Age	0-64 = 5% 65-74 = 9% 75-84 = 33% 85-94 = 44% 95+ = 8%	
Gender	Male = 27%	Female = 73%
Race	White = 88% Hispanic = 2%	African American = 8%
Source of Admission	Acute General Hospital = 7% Nursing Home = 14% Other AL = 9%	Private Residence = 49% CCRC = 6% Senior Housing = 5%
Discharge Destination	Acute General Hospital = 11% Nursing Home = 26% Other AL = 9%	Private Residence = 16% CCRC = 4% Death = 26%
Payment Source	Private Pay = 90% Medicaid Waiver = 5% VA = 2%	
Bladder Continence	Continent = 42%	Incontinent = 20%
Bowel Continence	Continent = 54%	Incontinent = 15%
Cognition	Cognition Independent = 30%	Cognition Severely Impaired = 16%
Serve Alzheimer's	Mild = 41% Moderate = 37% Severe = 21%	

# Comparison of NH and AL Residents: MD CY 2007

Characteristic		Nursing Home	Assisted Living
Age	0-64	15%	5%
	65-74	14%	9%
	75-84	30%	33%
	85+	41%	52%
Race	White	66%	88%
	African American	32%	8%
	Hispanic	1%	2%
Source of Admission	Acute general hospital	68%	7%
	Home/private residence	12%	49%
	Other nursing home	11%	14%
	Other assisted living	6%	9%
	Specialty hospital	2%	8%
Discharge Destination	Home	52%	16%
	Acute general hospital	23%	11%
	Assisted living	6%	9%
	Nursing home	4%	26%
	Death	15%	26%
Bladder Continence	Continent	37%	42%
	Incontinent	30%	20%
Bowel Continence	Continent	45%	54%
	Incontinent	32%	15%
Cognition	Cognition Independent	29%	30%
	Modified Independence	22%	27%
	Moderately Impaired	35%	26%
	Severely Impaired	14%	16%

# Hospice Client Profile: MD CY 2008

Characteristic	Hospice Client	
Age	0-34 = 1% 35-64 = 16% 65-74 = 17% 75-84 = 30% 85+ = 35%	
Gender	Male = 43%	Female = 57%
Race	White = 74% African American = 20% Unknown = 3%	
Referral Source	Hospital = 43% Physician = 17% Nursing Home = 14%	Self = 14% Home Health = 4% Assisted Living = 3%
Payment Source	Hospice Medicare = 85% Total Commercial Insurance = 6% Self Pay 1%	Hospice Medicaid = 3% Total Blue Cross = 4%
Diagnosis on Admission	Cancer = 46% Dementia = 12% Stroke/Coma = 4%	Heart 10% Lung = 7% Debility Unspecified = 12%
Diagnosis at Death	Cancer = 48% Dementia = 11% Stroke/Coma = 4%	Heart = 9% Lung = 7% Debility Unspecified = 11%
Average Daily Census	52.10	
Average Length of Stay	51.70 days	
Median Length of Stay	26.28 days	

# Home Health Agency Client Profile: MD FY 2007

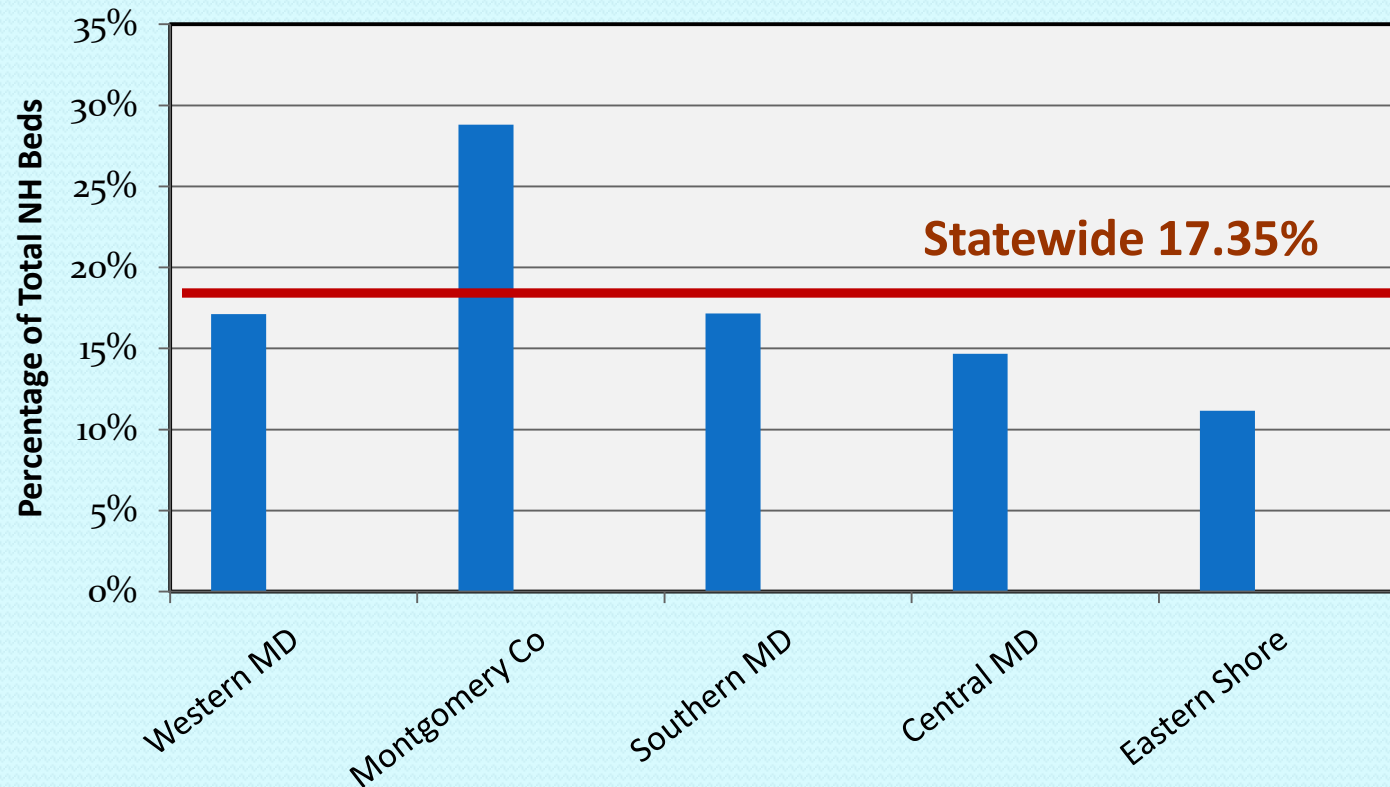
Characteristic	Home Health Agency Client	
Age	0 – 4 Years = 4% 5 – 44 Years = 7% 45 – 64 Years = 20%	65 – 74 Years = 20% 75 – 84 Years = 27% 85+ Years = 21%
Gender	Male = 39%	Female = 61%
Race	White = 58% African-American = 21% Other = 19%	
Source of Admission	Hospital = 58% Private Physician Office = 13% Nursing Home = 16% HMO = 3% HHA= 1%	
Discharge Destination	Goals Met = 68% Another Institutional Setting = 3% Another HHA = 1% Client No Longer Meets Criteria = 7%	Acute Care Hospital = 8% Hospice = 2% Death = 1% Client Non-Compliant/Refuses Services = 4%
Payment Source	Medicare = 67% Medicaid = 5% Private Insurers = 18%	HMO=7% Self Pay=1%
Principal Diagnosis On Admission	Circulatory System = 13% Symptoms, Signs, Ill-Defined Conditions = 6% Injury and Poisoning = 5%	Musculoskeletal System = 6% Diseases of the Skin = 5% Respiratory Diseases = 4%

## Comparison of HHA & Hospice Clients: MD 2007

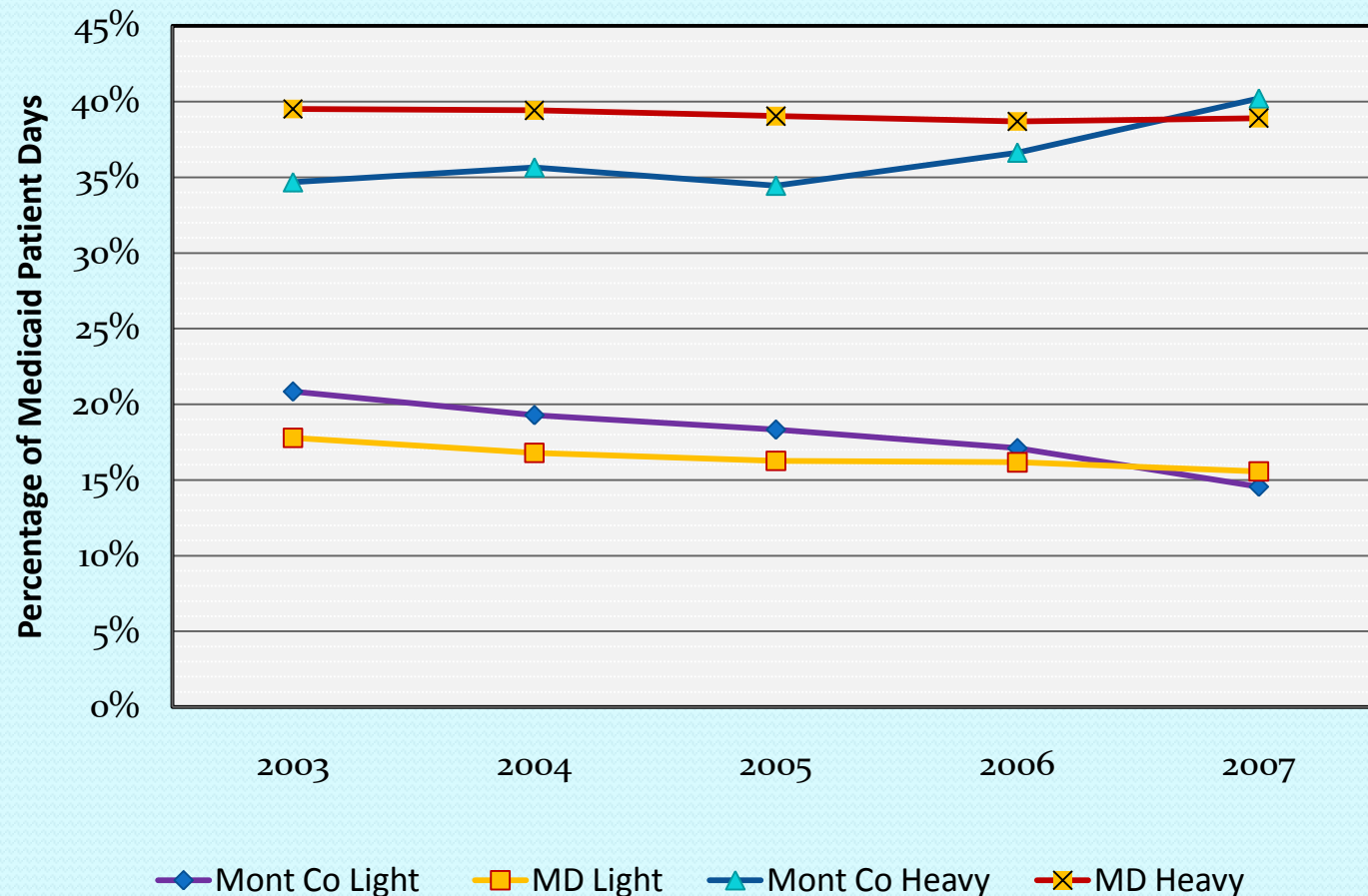
Characteristic		Home Health Agency Client	Hospice Client
Age	0-64	32%	19%
	65-74	20%	15%
	75-84	27%	31%
	85+	21%	35%
Race	White	58%	75%
	African American	21%	18%
	Other	19%	7%
Source of Admission	Physician	13%	18%
	Hospital	58%	40%
	Nursing Home	16%	14%
	HHA	1%	4%
	Self/family/friend	1%	16%
	Other	11%	9%
Payment Source	Medicare	67%	86%
	Medicaid	5%	3%
	Commercial Insurance	18%	9%
	Self Pay	1%	1%
	Other	9%	1%
Average Length of Stay/Care		34 days	51.25 days



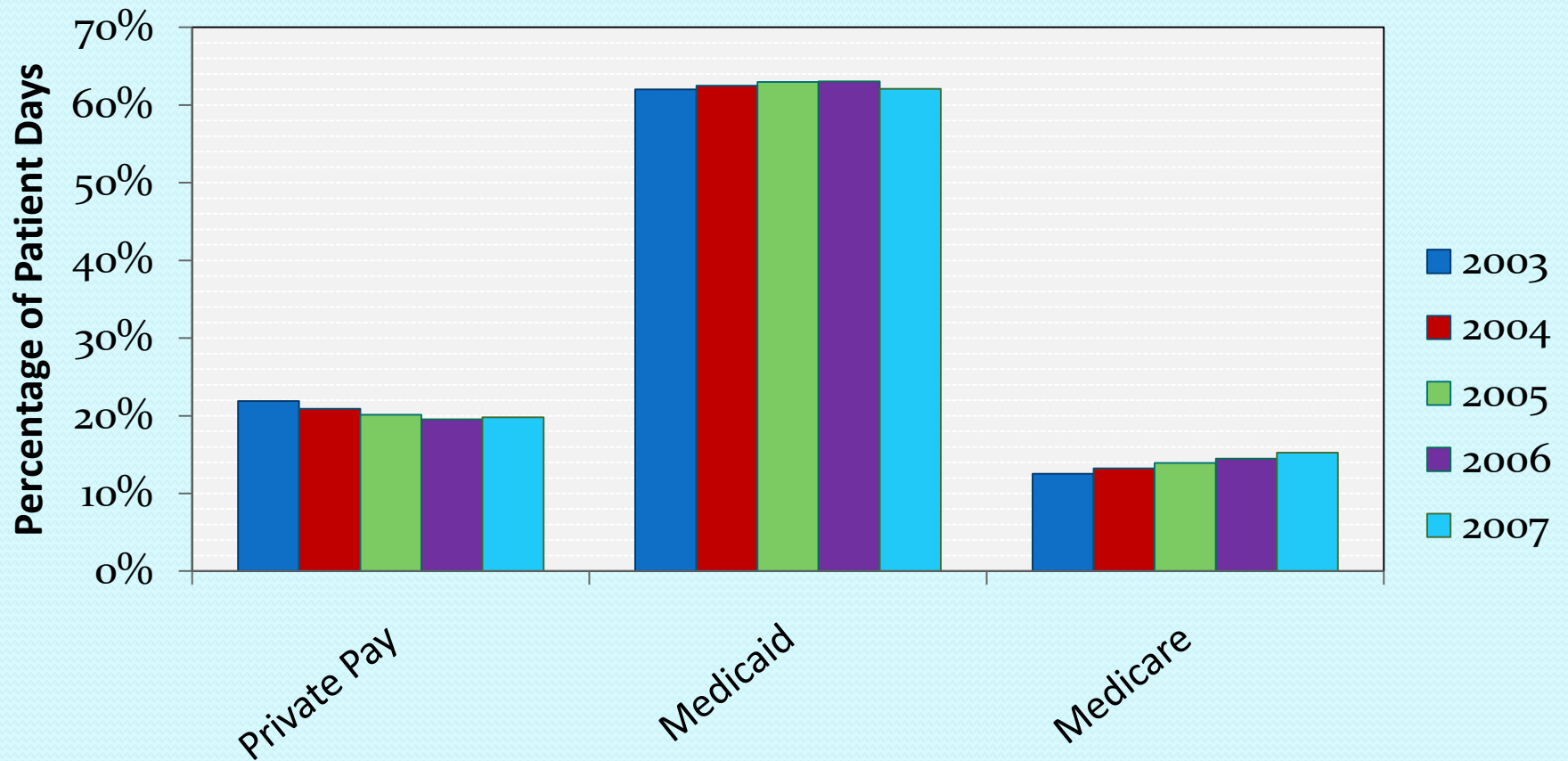
## Average Proportion of Private Beds in Nursing Homes by Region: CY 2007



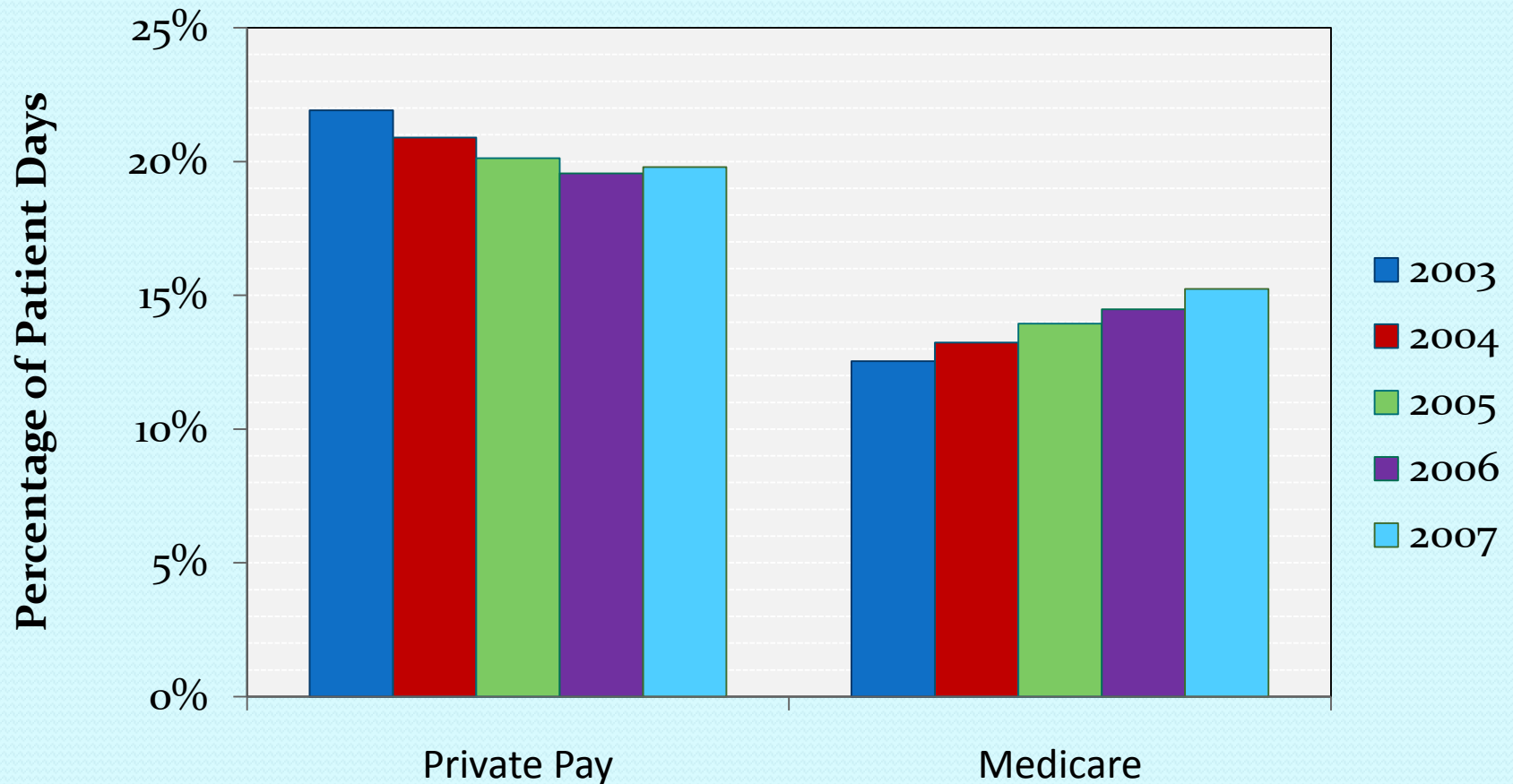
## Trends in Medicaid Days by Level of Care: Montgomery County and Maryland, 2003-2007



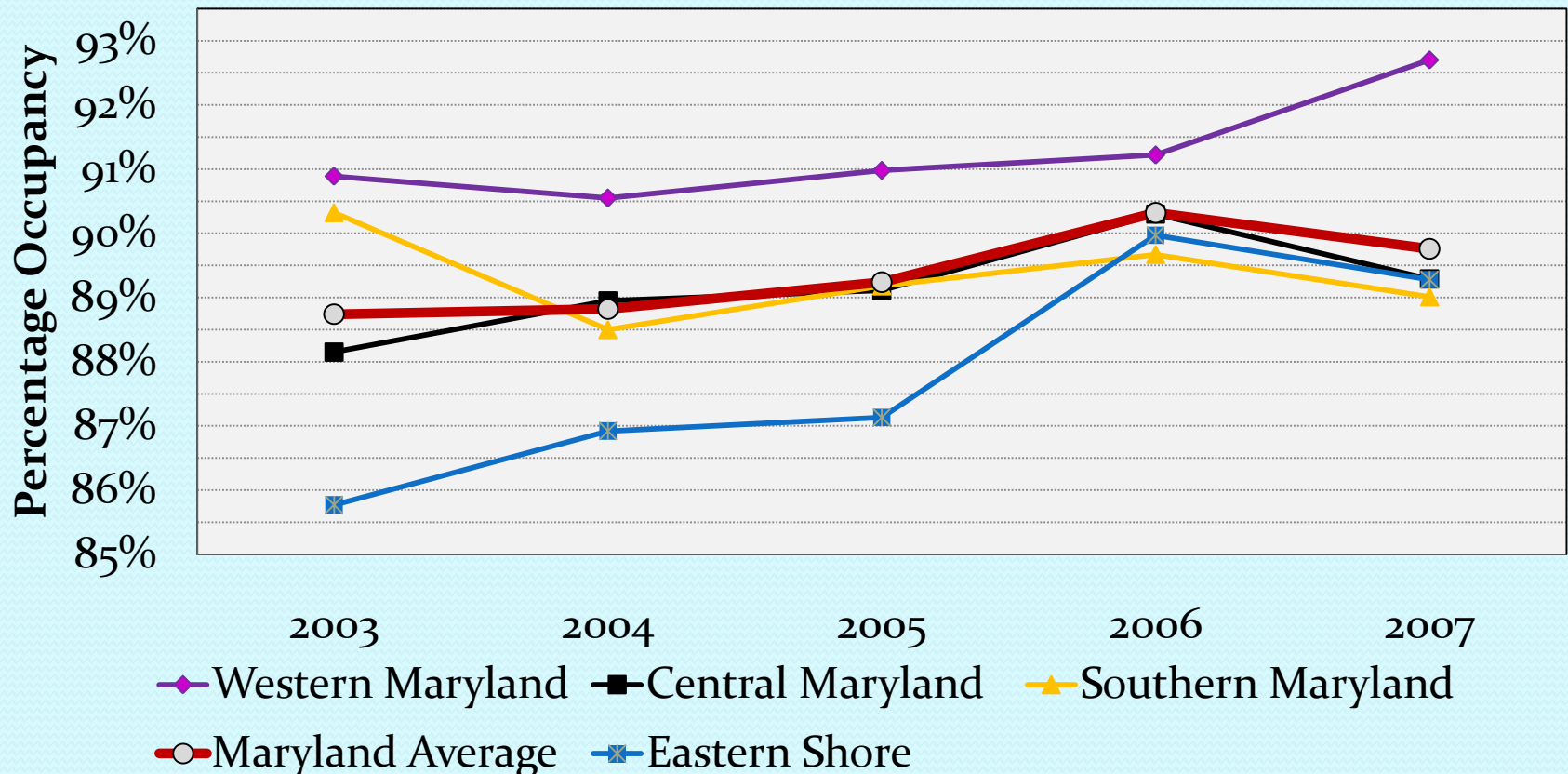
## Trends in NH Patient Days by Payer Source: Maryland, 2003-2007



## Trends in NH Patient Days by Private Pay and Medicare: Maryland, 2003-2007



## Trends in NH Occupancy Rates by Region and Statewide: 2003-2007



# Nursing Home Data: Maryland and U.S., 2009

Variable	Maryland	United States
<b>Occupancy</b>		
State NH Occupancy	87.0%	84.3%
Median Facility Occupancy	88.5%	87.9%
<b>Utilization</b>		
Average patients per facility	109	89.6
Median patients per facility	106.5	82.0
State average ADL dependence	4.20	4.03
<b>Certification</b>		
Medicare certified only	4.3%	5.0%
Medicaid certified only	2.2%	4.3%
Certified for both Medicare and Medicaid	93.5%	90.7%
<b>Payer Source</b>		
Medicare as payer	16.6%	14.2%
Medicaid as payer	60.6%	63.4%
Other as payer	22.7%	22.4%
<b>Ownership</b>		
For profit ownership	64.3%	66.9%
Nonprofit ownership	31.7%	26.6%
Government ownership	3.5%	5.9%
Multifacility ownership	55.7%	53.6%
Independent ownership	44.3%	46.4%
Hospital-based ownership	5.2%	7.3%

# Tools for Surviving the Storm

- **MHCC website:** <http://mhcc.maryland.gov>
- **Reports:**
  - Nursing Home
  - Home Health Agency
  - Hospice
- **Public Use Data Sets:**
  - Adult Day Care
  - Ambulatory Surgery
  - Assisted Living
  - Chronic Hospital
  - Home Health Agency
  - Hospice
  - Nursing Home



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